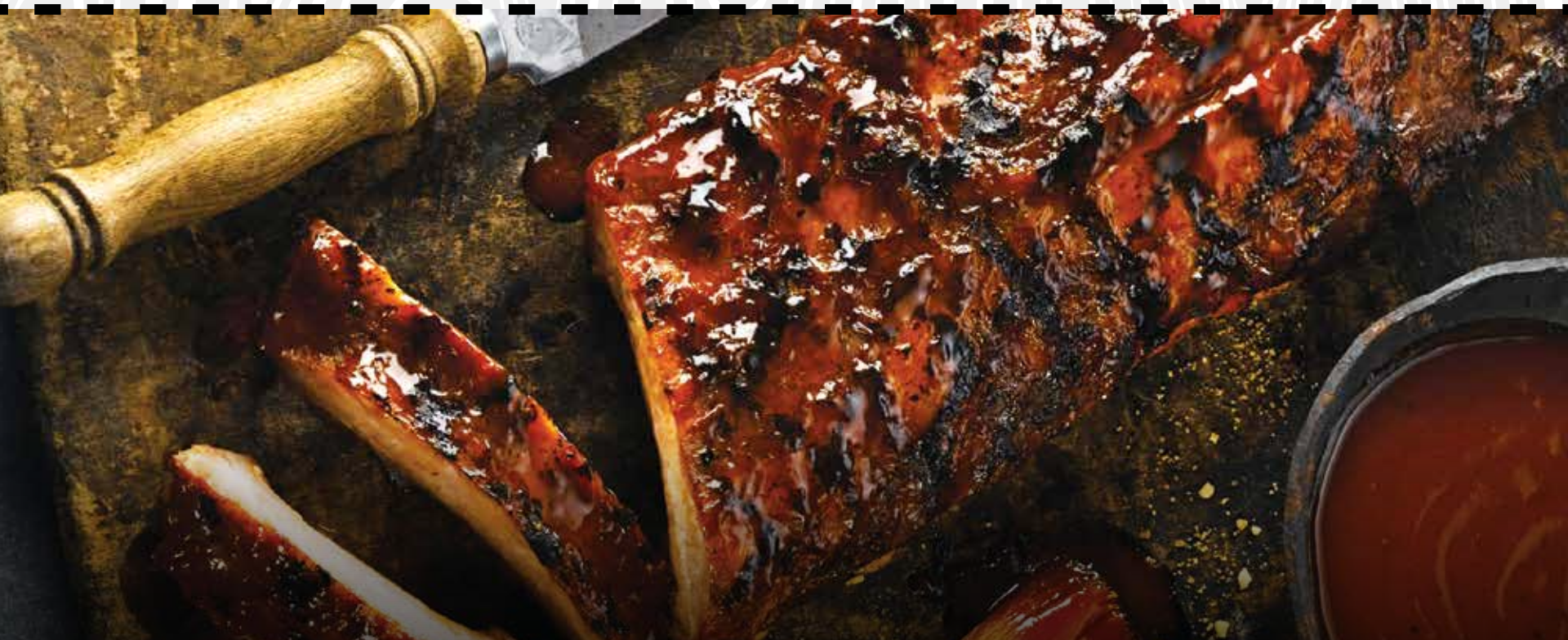




EST. **MONTANA'S** 1995  
**BBQ & BAR**

**ALLERGEN & NUTRITION GUIDE**

OUR NUTRITION AND ALLERGY GUIDE PROVIDES FULL DETAILS ON ALL OUR DISHES



\*All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil is a source of cross-contamination.

**FOOD ALLERGY CAUTION!**

The safety and satisfaction of our Guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items. However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items. Occasional variations in recipes or product formulations can also occur and there is risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this Guide to make your selection. Cara Operations Limited (including its affiliates, partnerships and franchisees) assumes no liability as a result of food related reactions.

**ABOUT THIS NUTRITIONAL GUIDE**

This Guide contains nutrition information based on our standard product formulations. While we strive to maintain consistency in our products, there are occasions when variations in product formulations may occur. Certain menu items may also vary from restaurant to restaurant and may not be available at all locations. This Guide reflects the nutrition information for the listed products as of July, 2018. We frequently test new products at various locations and as a result, this Guide may not contain all of our product offerings. For the most current nutrition information you may speak to your server, contact us directly at 416-940-5655 (GTA) or Toll Free 1-844-729-7830 or visit our website at [www.montanas.ca](http://www.montanas.ca).

# MONTANA'S NUTRITIONAL INFORMATION 2021

	SERVING SIZE [G]	ENERGY [CAL]	TOTAL FAT [G]	SATURATED FAT [G]	TRANS FAT [G]	CARBOHYDRATES [G]	FIBRE [G]	SUGAR [G]	PROTEIN [G]	CHOLESTEROL [MG]	SODIUM [MG]
<b>STARTERS (Sauces &amp; dips served on the side - e.g. sour cream, salsa - not included in item nutritional)</b>											
DOUBLE DUSTED CHICKEN WINGS NO SAUCE - 8 PIECES	228	500	19	4	0	49	2	0	26	65	90
DOUBLE DUSTED CHICKEN WINGS NO SAUCE - 16 PIECES	457	1000	38	8	0	98	3	0	52	130	180
GARLIC PEPPERCORN RANCH	30 ml	100	10	2	0	2	0	1	0.2	10	230
BLUE CHEESE DRESSING	30 ml	100	10	2	0.2	2	0	2	0.4	10	340
MILD WING SAUCE	30 ml	60	1	0.1	0	12	0	11	0.4	0	330
MEDIUM WING SAUCE	30 ml	50	2	0.4	0	8	0	7	0.2	0	550
HOT WING SAUCE	30 ml	40	2.5	0.4	0	5	0	4	0.3	5	510
OVEN - BAKED ANTOJITOS WITH BASIL SOUR CREAM - SERVES 2	297	770	46	24	1	63	3	8	24	90	1350
FOUR CHEESE SPINACH DIP WITH PITA & NACHOS	346	750	32	19	1	77	4	5	20	90	1440
SIDE:FRIED PITA	80	300	11	1	0.1	42	2	2	8	0	250
SIDE: NACHO CHIPS	57	270	12	1	0.1	39	3	1	4	0	85
DELICIOUS DEEP FRIED PICKLES - SERVES 2	247	500	34	4	0.2	45	1	4	5	10	1920
KAPOW! SHRIMP - SERVES 2	328	660	17	2	0.2	71	1	14	26	165	1850
LOADED CHEESY PULL APART BREAD	330	1130	53	22	1	86	4	5	32	105	2400
CHEESY PULL APART BREAD	253	730	31	13	0.5	84	4	4	19	45	1450
CHEESE NACHOS WITH SOUR CREAM & SALSA - SERVES 4	728	1870	88	59	3	142	2	9	81	245	3780
PULLED PORK NACHOS WITH SOUR CREAM & SALSA - SERVES 4	919	2310	118	69	3	163	2	27	104	325	4680
BEEF NACHOS WITH SOUR CREAM & SALSA - SERVES 4	905	2080	104	62	3.5	154	5	14	88	265	4300
ADD 1/4 LBS OF CHEESE	113	453									
GUACAMOLE	57	120	7	1	0	6	4	0	2	0	260
ONION RINGS WITH CHIPOTLE RANCH - SERVES 4	380	1080	94	12	0.4	80	6	14	7	20	2240
<b>SOUPS &amp; STARTER SALADS</b>											
BROCCOLI CHEDDAR SOUP	240 ml	160	10	6	0.5	12	2	3	8	40	920
CHICKEN TORTILLA SOUP	240 ml	130	6	1.5	0	16	4	5	6	15	890
HARVEST BUTTERNUT SQUASH SOUP	240 ml	170	8	5	0.3	22	2	9	3	30	720
POT ROAST SOUP	240 ml	140	3	1.5	0.1	17	2	3	9	20	920
TOMATO BASIL BISQUE/ SOUP	240 ml	130	7	4	0.2	14	2	6	2	20	750
STARTER CAESAR SALAD	135	270	23	4	0.2	8	2	1	7	35	400
STARTER HOUSE SALAD	153	50	1	0.1	0	10	3	3	2	0	120
<b>RIBS (Incl. Bold BBQ Sauce) &amp; SAMPLERS (Sides not included in nutritional)</b>											
BACK RIBS (TASTER)	195	630	37	11	0.3	30	2	13	44	175	780
BACK RIBS (REGULAR)	267	840	50	16	0.4	33	2	14	64	250	1110
BACK RIBS (LARGE)	375	1150	70	23	0.5	36	2	16	95	365	1590
HONKIN' BEEF RIB (REGULAR)	240	860	65	28	0	35	0	22	34	140	1420
COMBO: KAPOW! SHRIMP	161	410	46	3.5	1	74	3	18	26	165	1910
COMBO: WINGS 4PCS (INCL.MILD SAUCE)	114	250	9	2	0	24	1	0	13	35	45
<b>SIDES</b>											
FRIES	227	630	28	2	0.2	86	6	0	8	0	1270
BAKED POTATO - BUTTER & SOUR CREAM	301	300	3	0.3	0.1	63	7	4	7	0	200
MASHED POTATOES	170	190	4.5	1	0	32	3	3	3	0	600
GRAVY	60 ml	25	1	0.4	0	4	0	0	1	0	330
RICE PILAF	132	240	3	1.5	0.1	49	2	2	5	5	840
BAKED BEANS	126	160	0.5	0.2	0	35	4	19	6	0	470
COLESLAW	85	80	5	0	0.1	7	2	4	1	0	240
SIDE HOUSE SALAD	153	50	1	0.1	0	10	3	3	2	0	120
SIDE CAESAR SALAD	135	270	23	4	0.2	8	2	1	7	35	400
SIDE CARROT STICKS	85	35	0.2	0	0	8	2	4	1	0	60
<b>FIRED UP SIDES</b>											
CORN BREAD	50	200	9	1.5	0.1	26	1	11	3	25	220
SWEET POTATO FRIES (NO SAUCE)	150	470	25	3	0.4	55	4	18	3	0	910
CHIPOTLE RANCH	30	120	12	2	0.2	2	0	2	0.4	10	240
SKILLET OF MUSHROOMS	240	280	25	4.5	0.3	11	4	4	4	0	200
SIDE FRESH VEGGIES	108	70	4.5	0.5	0.1	0	100	7	3	3	2
SIDE ONION RINGS	162	480	35	4	0	38	3	5	3	0	880
<b>STEAK (SIDES NOT INCLUDED IN NUTRITIONAL)</b>											
AAA 7 OZ SIRLOIN	206	500	30	8	1	2	0	0	57	155	1310
AAA 10 OZ SIRLOIN	283	660	36	10	1	2	0	8	2	225	1450
AAA 10 OZ STRIPLOIN	283	660	36	10	1	2	0	0	82	225	1450
TWO ONION RINGS	85	270	21	2.5	0	19	2	3	2	0	440
TOPPER - MUSHROOM & ONION TOPPER - NO STEAK	190	220	18	5	0.2	11	2	4	3	10	720
TOPPED - FIRE GRILLED SHRIMP SKEWERS - NO STEAK	89	100	6	1.5	0.1	1	0	0	12	160	580
TOPPER - BACON, ONION & BLUE CHEESE - NO STEAK	128	340	31	11	0.3	7	1	3	10	50	650

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Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

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<sup>2</sup> Nutritional information for ribs assumes preparation with Texas Bold BBQ Sauce. <sup>3</sup> Nutritional information for wings assumes preparation with Mild Wing Sauce. <sup>4</sup> For Beer Battered Fish & Chips, nutritional content of beer is only included in the calorie, protein and carbohydrate calculations.

<sup>5</sup> Nutritional content of tortillas and cold setup is not included in the calculation of Fajitas nutritional information. Nutritional content of Yorkshire Pudding is not included in the calculation of Pot Roast nutritional information. Nutritional information for these items is listed separately.

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<b>HAND-HELDS (Sides not included in nutritional)</b>											
CHIPOTLE FIRECRACKER BURGER	428	1130	74	26	2	70	3	16	47	200	2030
CANADIAN BURGER EH!	447	1030	68	25	2	52	1	14	53	215	2070
SMOKY BACON DOUBLE ONION CHEESEBURGER	457	1290	94	30	2	76	4	17	37	200	2300
VEGETABLE BURGER	413	820	50	24	0.5	70	12	19	37	75	1720
CLASSIC BURGER	282	750	51	19	2	39	1	5	34	165	870
SOUTHERN FRIED CHICKEN SANDWICH	389	830	47	17	1	65	3	9	39	150	2040
SMOKEHOUSE CHICKEN WRAP	623	1600	67	30	1	137	6	21	76	205	4370
PULLED PORK SANDWICH	281	660	39	16	0.5	56	3	20	25	110	1210
<b>FORKS &amp; KNIVES</b>											
SMOKY BACON MAC N CHEESE	675	1620	101	47	2	111	5	18	67	240	3380
CHICKEN FAJITAS (NO COLD SETUP & TORTILLAS)	550	680	34	8	0.2	19	4	8	77	235	2440
FAJITAS - COLD SETUP	375	640	30	17	0.5	66	6	14	29	55	1600
GUACAMOLE	30	50	3	0.4	0	6	1	1	0	0	110
VEGETARIAN FAJITAS (NO COLD SETUP & TORTILLAS)	459	200	7	1	0.1	33	9	16	7	0	190
CHICKEN BURRITO BOWL	647	950	35	14	0.5	140	4390	106	10	14	51
FISH & CHIPS 1 PC (ONLY FISH)	111	330	24	2.5	0.5	20	1	0	11	30	560
FISH & CHIPS (2 PIECES)	222	660	47	4.5	1	40	2	0	22	65	1130
CHICKEN TENDERS	214	540	26	3	0.1	32	2	0	45	105	1340
BUFFALO CHICKEN TENDERS (INCL. WING SAUCE)	248	600	29	3.5	0.1	40	2	7	45	105	1860
CHICKEN TACOS	347	610	31	10	0.5	47	3	11	36	100	1890
<b>ENTRÉE SALADS (Salad dressing not included in nutritional)</b>											
APPLE PECAN HARVEST SALAD	315	360	21	5	0.2	40	7	28	9	25	200
ENTRÉE CHICKEN CAESAR SALAD (INCL. DRESSING)	241	530	46	8	0.5	16	4	3	14	70	790
GRILLED CHICKEN BREAST	125	160	8	1.5	0.1	0	0	0	22	65	470
<b>SALAD DRESSINGS</b>											
MIGHTY CAESAR	30 ml	160	1.5	1	0.2	0	0	0	1	20	150
RENEE'S BALSAMIC VINAIGRETTE	30 ml	110	11	1	0.1	3	0	2	0.1	0	170
GARLIC PEPPERCORN RANCH	30 ml	90	9	2	0.2	2	0	0	0.2	10	220
BLUE CHEESE DRESSING	30 ml	100	10	2	0.2	2	0	0	0.4	10	260
CREAMY CILANTRO DRESSING	30 ml	130	14	2	0.1	1	0	1	1	5	200
<b>KIDS MENU (Sides not included in nutritional)</b>											
SCOABI DOO NOODLES											
NOODLES WITH TOMATO SAUCE	251	360	15	3.5	0.1	46	4	5	11	10	720
NOODLES WITH ALFREDO SAUCE	218	340	8	3.5	0.2	56	3	4	11	20	330
NOODLES WITH BUTTER	170	460	25	15	1.5	52	3	2	9	60	45
GARLIC BREAD	75	110	8	2	0.1	9	0	1	2	0	140
CHEESY PIZZA	152	440	18	8	0.5	48	2	5	21	50	840
KIDS BURGER	282	750	51	19	2	39	1	5	34	165	870
CHICKEN STRIPS WITH PLUM SAUCE	112	280	11	1	0.1	31	2	13	15	40	490
GRILLED CHEESE SANDWICH	111	350	18	11	1	36	2	3	10	45	890
BACK RIBS (INCL. BOLD BBQ SAUCE)	132	380	24	8	0.1	18	1	13	24	85	560
<b>KIDS SIDES</b>											
FRIES & CARROT STICKS	214	490	21	1.5	0.1	69	6	2	6	0	1020
MASHED POTATOES	100	110	2.5	0.5	0	19	2	2	2	0	350
GRAVY	60 ml	25	1	0.4	0	4	0	0	1	0	330
RICE PILAF	132	240	3	1.5	0.1	49	2	2	5	5	840
CUCUMBER COINS	35	4	0.1	0	0	1	0	0	0.2	0	1
APPLE SLICES	45	20	0.1	0	0	6	1	0	0.1	0	1
COLESLAW	85	80	5	0	0.1	7	2	4	1	0	240
BAKED BEANS	126	160	0.5	0.2	0	35	4	19	6	0	470
SIDE CAESAR SALAD (INCL. DRESSING)	135	270	23	4	0.2	8	2	1	7	35	400
SIDE HOUSE SALAD	141	40	0.5	0.1	0	8	2	3	2	0	85
<b>KIDS DESSERTS</b>											
WAGON WHEEL	35	150	5	4	0.1	25	1	15	1	0	45
FRESH BAKED COOKIE	55	250	11	5	0.1	34	1	21	2	10	180
ICE-CREAM SANDWICH	60 ml	90	2	1	0.1	15	0	7	1	5	45

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<sup>3</sup> Nutritional information for wings assumes preparation with Mild Wing Sauce.

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	SERVING SIZE [G]	ENERGY [CAL]	TOTAL FAT [G]	SATURATED FAT [G]	TRANS FAT [G]	CARBOHYDRATES [G]	FIBRE [G]	SUGAR [G]	PROTEIN [G]	CHOLESTEROL [MG]	SODIUM [MG]
<b>SWEET STUFF</b>											
APPLE CRISP	265	690	28	16	0.1	1-6	3	70	6	65	100
SKILLET COOKIE W/ICE-CREAM & TOFFEE SAUCE	325	1170	41	19	0.4	190	3	123	12	55	960
SHAKE N' SHARE MINI DONUTS	170	720	39	13	1	86	1	44	8	5	750
ENGLISH TOFFEE TOPPING	30 ml	100	1	0.5	0	23	0	17	1	5	110
ICE CREAM - VANILLA	125 ml	120	6	2.5	0.2	17	0	13	1	20	50
<b>SAUCES/DIPS</b>											
GRAVY	60 ml	25	1	0.4	0	4	0	0	1	0	330
GUACAMOLE	57	120	7	1	0	6	4	0	2	0	260
SOUR CREAM	30 ml	35	1.5	1	0	3	0	2	2	5	15
TARTAR SAUCE	30 ml	70	6	1	0	4	0	3	0.3	15	320
PLUM SAUCE	30 ml	6	0	0	0	14	0	11	0.1	0	90
SALSA	30 ml	10	0	0	0	3	1	1	0.5	0	220
TEXAS BOLD BBQ SAUCE	30 ml	70	0	0	0	17	0	13	0.3	0	280
APPLE BUTTER BBQ SAUCE	30 ml	70	0	0	0	18	0	17	0.2	0	140
HONEY CHIPOTLE BBQ SAUCE	30 ml	80	0.1	0	0	20	0	17	0.4	0	320
HONEY GARLIC BBQ/WING SAUCE	30 ml	70	0	0	0	16	0	15	0.2	0	180
GARLIC PEPPERCORN RANCH	30 ml	100	10	2	0	2	0	1	0.2	10	230
BLUE CHEESE DRESSING	30 ml	100	10	2	0.2	2	0	2	0.4	10	340
MILD WING SAUCE	30 ml	60	1	0.1	0	12	0	11	0.4	0	330
MEDIUM WING SAUCE	30 ml	50	2	0.4	0	8	0	7	0.2	0	550
HOT WING SAUCE	30 ml	40	2.5	0.4	0	5	0	4	0.3	5	510
CHIPOTLE RANCH	30 ml	120	12	2	0.2	2	0	2	0.4	10	240
SIDE CARROT STICKS	85	35	0.2	0	0	8	2	4	1	0	60
DUSTED ONIONS	77	110	5	0.4	0	16	1	3	2	0	300
<b>LUNCH</b>											
CLASSIC BURGER	282	750	51	19	2	39	1	5	34	165	870
MAC N CHEESE - LUNCH SIZE	343	830	46	26	1	120	1320	68	3	6	38
CHICKEN CLUB WRAP	360	690	37	13	0.5	70	1460	59	4	6	30
LUNCH TRIO:											
CHICKEN CLUB WRAP 1/2 SERVING F/TRIO	180	340	19	7	0.3	35	730	30	2	3	15
SANDWICH: PULLED PORK W/APPLE BUTTER SAUCE TRIO SIZED SANDWICH	192	600	33	12	0.4	85	970	49	2	11	27
POT ROAST SOUP - TRIO SIZE	120 ml	60	1.5	0.5	0	10	410	8	1	1	4
TOMATO BASIL BISQUE/SOUP - TRIO SIZE	120 ml	60	3.5	2	0.1	10	380	7	1	3	1
BROCCOLI CHEDDAR SOUP - TRIO SIZE	120 ml	80	5	3	0.2	20	460	6	1	1	4
CHICKEN TORTILLA SOUP - TRIO SIZE	120 ml	70	3	0.5	0	5	450	8	2	2	3
HARVEST BUTTERNUT SQUASH SOUP - TRIO SIZE	120 ml	90	4	2.5	0.1	15	360	11	1	4	1

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# MONTANA'S ALLERGY INFORMATION 2021

	PEANUTS AND PEANUT PRODUCTS	TREE NUTS AND THEIR DERIVATIVES	SESAME	MUSTARD	MILK AND MILK PRODUCTS	EGGS AND EGG SOURCES	FISH	SHELLFISH & CRUSTACEANS	SOY	WHEAT AND GLUTEN SOURCES	SULPHITES
<b>STARTERS</b>											
DOUBLE DUSTED CHICKEN WINGS NO SAUCE										X	
GARLIC PEPPERCORN RANCH						X			X		
BLUE CHEESE DRESSING				X	X	X	X		X		
OVEN - BAKED ANTOJITOS WITH BASIL SOUR CREAM				X	X				X	X	X
FOUR CHEESE SPINACH DIP				X	X				X		X
SIDE: FRIED PITA *										X	
SIDE: NACHO CHIPS*											
DELICIOUS DEEP FRIED PICKLES*				X	X	X			X	X	
KAPOW! SHRIMP*			X	X	X	X	X	X	X	X	X
LOADED CHEESY PULL APART BREAD				X	X	X	X	X	X	X	X
CHEESY PULL APART BREAD					X				X	X	
CHEESE NACHOS WITH SOUR CREAM & SALSA*					X						X
PULLED PORK NACHOS WITH SOUR CREAM & SALSA*					X				X		X
BEEF NACHOS WITH SOUR CREAM & SALSA*					X				X		X
ONION RINGS WITH CHIPOTLE RANCH*				X	X	X			X	X	
<b>SOUPS &amp; SALADS (Salad dressing not included)</b>											
BROCCOLI CHEDDAR SOUP				X	X					X	
CHICKEN TORTILLA SOUP									X	X	
HARVEST BUTTERNUT SQUASH SOUP					X						
POT ROAST SOUP					X	X			X	X	X
TOMATO BASIL BISQUE/SOUP					X					X	
STARTER CAESAR SALAD (INCL DRESSING)				X	X	X	X	X	X	X	X
STARTER HOUSE SALAD					X				X	X	
<b>SMOKEHOUSE RIBS (INCL. BOLD BBQ SAUCE) (Sides not included )</b>											
BACK RIBS									X		X
BEEF RIBS									X		X
SIDE: WINGS* 4 PCS NO SAUCE										X	
SIDE: KAPOW! SHRIMP*			X	X	X	X	X	X	X	X	X
<b>SIDES</b>											
FRIES*											
BAKED POTATO WITH SKIN											
MASHED POTATO					X				X		
GRAVY					X				X	X	X
RICE PILAF					X				X		X
BAKED BEANS				X					X		
COLESLAW				X		X			X		
SIDE HOUSE SALAD					X				X	X	
SIDE CAESAR SALAD (INCL DRESSING)				X	X	X	X	X	X	X	X
<b>FIRED UP SIDES</b>											
CORN BREAD						X			X	X	
SIDE ONION RINGS*									X	X	
SWEET POTATO FRIES* (NO SAUCE)										X	
CHIPOTLE RANCH DRESSING				X	X	X			X		
SEASONAL VEGETABLES					X				X		
SKILLET OF MUSHROOMS					X				X		X
<b>STEAK (Sides not included in nutritional)</b>											
SIRLOIN 7OZ AND 10 OZ				X	X				X		
STRIPLOIN 10 OZ				X	X				X		
MUSHROOM & ONIONTOPPER - NO STEAK					X				X	X	X
FIRE GRILLED SHRIMP SKEWERS					X			X	X		X
SIDE ONION RINGS*									X	X	
<b>HAND-HELDS (Sides not included in nutritional)</b>											
FIRECRACKER BURGER*					X	X			X	X	X
CANADIAN BURGER EH!				X	X	X			X	X	X
SMOKY BACON DOUBLE ONION CHEESEBURGER*				X	X	X			X	X	
VEGETABLE BURGER				X	X	X			X	X	X
PULLED PORK SANDWICH*				X	X	X			X	X	X
SOUTHERN FRIED CHICKEN SANDWICH*				X	X	X			X	X	
SMOKEHOUSE CHICKEN WRAP				X	X	X	X	X	X	X	X
<b>FORKS &amp; KNIVES (Sides not included in nutritional)</b>											
SMOKY BACON MAC N CHEESE & CORNBREAD					X	X			X	X	X
CHICKEN FAJITAS (NO COLD SETUP & TORTILLAS)					X				X		
FAJITA COLD SETUP & TORTILLAS					X					X	
VEGETARIAN FAJITAS (NO COLD SETUP & TORTILLAS)					X				X		X
FISH & CHIPS (ONLY FISH)*					X		X		X	X	X
CHICKEN TENDERS*					X				X	X	
BUFFALO CHICKEN TENDERS*				X	X				X	X	X
CHICKEN TACOS*				X	X	X	X		X	X	X

## WHAT YOU SHOULD KNOW



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Check out our highlighted quick reference guide for all Wheat or Gluten free dishes.

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# MONTANA'S ALLERGY INFORMATION 2020

	PEANUTS AND PEANUT PRODUCTS	TREE NUTS AND THEIR DERIVATIVES	SESAME	MUSTARD	MILK AND MILK PRODUCTS	EGGS AND EGG SOURCES	FISH	SHELLFISH & CRUSTACEANS	SOY	WHEAT AND GLUTEN SOURCES	SULPHITES
<b>ENTREE SALADS (Salad dressing not included)</b>											
APPLE PECAN HARVEST SALAD	x	x			x						
ENTRÉE CAESAR SALAD (INCL DRESSING)				x	x	x	x	x	x	x	x
<b>SALAD DRESSINGS</b>											
MIGHTY CAESAR				x	x	x	x	x			x
RENEE'S BALSAMIC VINAIGRETTE				x							x
GARLIC PEPPERCORN RANCH						x			x		
CREAMY CILANTRO				x		x			x		x
BLUE CHEESE DRESSING				x	x	x	x		x		
<b>KIDS MENU (Sides not included in nutritional)</b>											
NOODLES WITH TOMATO SAUCE					x				x	x	
NOODLES WITH ALFREDO SAUCE					x	x			x	x	
NOODLES WITH BUTTER					x	x				x	
CHEESY PIZZA				x	x				x	x	
KIDS BURGER					x	x			x	x	x
CHICKEN STRIPS WITH PLUM SAUCE*					x				x	x	
GRILLED CHEESE			x		x				x	x	x
BACK RIBS (INCL. BOLD BBQ SAUCE)									x		x
<b>KIDS SIDES</b>											
FRIES* & CARROT STICKS											
MASHED POTATOES					x				x		
CUCUMBER COINS											
APPLE SLICES											
GRAVY					x				x	x	x
SIDE CAESAR SALAD (INCL DRESSING)				x	x	x	x	x	x	x	x
SIDE HOUSE SALAD					x				x	x	
PLUM SAUCE											x
<b>KIDS DESSERTS</b>											
ICE-CREAM SANDWICH					x				x	x	x
WAGON WHEEL					x				x	x	
FRESH BAKED COOKIE	x	x			x	x			x	x	x
<b>SWEET STUFF</b>											
APPLE CRISP WITH ICE CREAM & TOFFEE					x				x	x	
SKILLET COOKIE WITH ICE CREAM & TOFFEE SAUCE	x	x			x	x			x	x	x
SHAKE N SHARE MINI DONUTS*					x	x			x	x	
ENGLISH TOFFEE TOPPING					x						
DARK FUDGE TOPPING					x				x		
ICE CREAM - VANILLA					x						
<b>SAUCES/DIPS/SIDES</b>											
GUACAMOLE											
SOUR CREAM					x						
TARTAR SAUCE				x		x			x		
PLUM SAUCE											x
SALSA											
TEXAS BOLD BBQ SAUCE									x		x
APPLE BUTTER BBQ SAUCE									x		x
HONEY CHIPOTLE BBQ SAUCE									x		x
HONEY GARLIC BBQ/WING SAUCE									x	x	x
MILD WING SAUCE				x					x		x
MEDIUM WING SAUCE				x					x		x
HOT WING SAUCE				x					x		x
POUTINE*					x				x	x	x
DUSTED ONIONS*					x					x	
KAPOW! SAUCE				x	x	x	x	x			x
CHIPOTLE RANCH DRESSING				x	x	x			x		
<b>LUNCH MENU (Sides not included)</b>											
MAC N CHEESE - LUNCH SIZE					x	x			x	x	x
CHICKEN CLUB WRAP				x	x	x			x	x	x
SANDWICH: PULLED PORK* W/ APPLE BUTTER SAUCE - SERVED WITH TRIO			x		x				x	x	x
CLASSIC BURGER					x	x			x	x	x

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